



# SPIRIT TIMES

Whiteman Air Force Base, Mo.

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[www.whiteman.af.mil](http://www.whiteman.af.mil)

Daylight savings time officially begins at 1:59:59 a.m. Sunday.



## HOG HEAVEN



Photo by Senior Airman Christina Ponte

An A-10 from the 355th Wing at Davis-Monthan Air Force Base, Ariz., delivers a volley of 30-millimeter rounds to a stationary ground target during the Hawgsmoke A-10 gunnery and bombing competition at the Barry M. Goldwater Range complex in Arizona March 22 to 25. Four pilots from the 442nd Fighter Wing's 303rd Fighter Squadron competed, flying aircraft from the 355th, as their own A-10s are being prepared for an overseas deployment. The competition consisted of two strafing events, a manual bombing competition and employment of the AGM-65 "Maverick" missile against moving ground targets. See next week's issue of the Spirit Times for the full story.

## Personnel Services Delivery Transformation takes effect

By Staff Sgt. Rob Hazelett  
509th Bomb Wing Public Affairs

Starting today, Air Force military personnel flights will no longer be doing some transactions.

The Personnel Services Delivery Transformation, which expands service to 24 hour a day, seven days a week operation, will afford Airmen and civilians capability to access their information from any location in the world.

The PSD transformation allows Airmen to conduct their business online and enables them to interact with a contact center at Headquarters

Air Force Personnel Center where decision-makers are located.

The PSD theory isn't a new one. It has been in place with other Web sites like myPay, virtual MPF, the Air Force Portal and Leave Web. The transformation carries on these efforts and grants Airmen direct control over career-affecting matters.

Some procedures may still need assistance outside of the online process, however, transactions such as duty history, duty status, retirements, retraining, accessions and classifications will be initiated on the Web, and managed at the Air Force Contact Center in San Antonio.

Here's how PSD works

- Log onto the Air Force Portal at <https://www.af.mil>
- Select "Life & Career" at the top of the page
- Select "Career" from the dropdown list
- Select "vMPF" under military self service applications
- Select "Self Service Actions" in the left column
- Select the program you are looking for (retraining, retirement, etc.)
- Follow instructions on the page

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## SPIRIT TIMES

Whiteman Air Force Base, Mo.

## Editorial Staff

**Brig. Gen. Chris Miller**—509th Bomb Wing commander  
**Maj. Joe DellaVedova**—Chief, Public Affairs  
**2nd Lt. Candace Cutrufo**—OIC, Internal Information  
**Staff Sgt. Rob Hazelett**—NCOIC Internal Information  
**Airman 1st Class Jason Burton**—Editor  
**Senior Airman Jason Barebo**—Staff writer

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The deadline for article submissions to the *Spirit Times* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission does not guarantee publication.

For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at: 509th BW/PA, 509 Spirit Blvd. Ste. 111 Whiteman AFB, Mo. 65305

## Air Force Quiz

What is one of the most valuable habits you can develop in military etiquette?

## 9er Line

Dial 687-3119 or e-mail  
9r.Line@whiteman.af.mil

Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work.

Before calling the 9er Line, try to resolve your problem with the responsible base agency.

If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Chris Miller, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

## Need a Wingman?

Confidential crisis counseling available 24/7. Call the Whiteman Help Hotline: 866-395-4357

To be on time.

Air Force Quiz answer

## Commander's Corner

By Brig. Gen. Chris Miller

509th Bomb Wing commander

## Wingman Spirit

Thanks to *your* generosity, Whiteman raised more than \$74,000 to support this year's Air Force Assistance Fund.

We had record participation—more than 40 percent of the active-duty, Guard, Reserve, civilians and contractors working on base contributed: that's Airmen taking care of Airmen.

Not only that, we reached 144 percent of our goal—a phenomenal commitment! Many of us have seen first-hand how quickly the AFAS can provide help during emergencies, and it matters to those who need and receive help.

Last year Whiteman received on average about \$4 for every \$1 it contributed—not a bad return on your gift! Thanks to many of you, the AFAS will continue to improve the lives of our people.

My thanks to all of you who donated and to the project officers and key workers who volunteered their time and energy to make a difference and help support our Air Force family.

## "Follow Us"

The Air Force has high expectations for us, and the 509th's unofficial motto "Follow Us" was chosen for a reason.

We're trained to go into harms way (whether it's a war zone or a natural disaster) and do our mission with great precision and professionalism.

Alongside 350,000 plus of our brothers and sisters in blue, it takes that kind of excellence to provide global reach and global power for America. To be singled

out for a level of performance above and beyond in this talented Air Force is a real accomplishment, and sometimes the word doesn't always get out.

So... below are just a few of the 8th Air Force, Air Combat Command and Air Force-level awards Team Whiteman has earned for 2005.

No one works alone to do the mission—these people and organizations show the way for all of us!

## Organizational awards:

■ 509th BW Public Affairs – 2005 ACC PA 1st Place Director's Excellence Award (small wing), 1st Place Director's Excellence Award for Internal Information

■ 509th Logistics Readiness Squadron Management and Systems – 2005 ACC LRS Flight of the Year

■ 509th Security Forces – 2005 ACC Outstanding Large Security Forces Unit award

## Individual awards:

■ Senior Airman Joe Lacdan, 509th BW/PA – 2005 Air Force Print Journalist of the Year, 1st Place Feature Article, 1st Place Sports Article

■ Staff Sgt. Tiffany Clements, 509th Operations Support Squadron – 2005 ACC Combat Crew Communications NCO of the Year

■ Tech Sgt. Brian McGee, 509th Logistics Readiness Squadron – 2005 ACC Transportation NCO of the Year and 8th Air Force NCO of the year

■ Senior Master Sgt. Richard Jewell and Master Sgt Brian Murray, 509th Maintenance Group, 2005 Air Force Productivity Excellence

■ Senior Master Sgt. James Morgan, 509th Comptroller Squadron, 2005 Air Force MAJCOM Quality Assurance Manager of the Year

■ Troy Tapp, 509th Medical Group – 2005 Air Force and ACC Resource Advisor of the Year (installation level)

■ Maj. Bryce Thorpe, 509th CPTS – 2005 ACC Financial Manager and Comptroller of the Year

■ Maj. Joe DellaVedova, 509th BW/PA – 2005 ACC Public Affairs Field Grade Officer of the Year

## Celebrities

Whiteman excellence sets the standard; our unique mission and high performance bring many distinguished visitors who want to see the things you do first-hand.

During the next few weeks we'll be visited by Congressman Ike Skelton; Gen. T. Michael Moseley, Air Force Chief of Staff; Chief Master Sgt. Gerald Murray, Chief Master Sergeant of the Air Force; Lt. Gen. William Fraser, ACC vice commander; Lt. Gen. Terry Gabreski, Air Force Material Command vice commander; Vice Admiral John Cotton, Chief of The Navy Reserve; Lt. Gen. Kevin Chilton, 8th AF commander; Maj. Gen. Richard Collins, 10th AF commander; Brig. Gen. Bob Holmes, AF Director of Security Forces and Force Protection, and a host of senior civilian officials... just to name a few of our guests.

The bottom line: In your own ways, you're each celebrities—so keep up your great work, look sharp (like you always do) and continue to show the Whiteman Spirit!

## Team Whiteman's got your back

By Lt. Col. Jon Welch

509th Medical Support Squadron commander

Even before I arrived at Whiteman last June, I was indoctrinated with the concepts of "Team Whiteman," and "one team, one fight."

It didn't take long after my arrival to see that these weren't just worn out clichés. Teamwork blends together all the efforts of each player on the team for a net result that far exceeds what any of us could accomplish working on our own. Among other things, effective teamwork requires trust and respect.

Reflecting on our Air Force core values, Gen. Michael E. Ryan defined trust as the "unbreakable bond that unifies the force." He went on to say that "trust enables everything we do—trust that when a job is signed off, it's complete and it's right. Trust that when a wingman says he's got you covered, you're covered. It's trust that allows each of us to concentrate our energy on doing our job, knowing those around us are doing theirs."

As a new medical service corps officer, I attended the 12-week health services administration course at Sheppard Air Force Base, Texas.

The curriculum included playing volleyball. At first I didn't understand why that would be part of our training. It seemed like that should be just something

fun to do at the end of the day.

As we played together on teams, however, lessons of teamwork, leadership and trust became evident.

As is common with any team sport, there was that one "superstar" player on the team that excelled individually, but inhibited effective teamwork by wanting to play every position on the court.

In his ambition to "win" he failed to trust the other players to do their part. He was all over the court trying to "assist" others.

Not only did this interfere with other players being able to contribute effectively, on more than one occasion he was not at his position to do his part.

Excessive or unnecessary interference also shows a lack of respect.

Team Whiteman is comprised of many diverse elements. We have pilots, maintainers, controllers and others who provide very direct support to the flightline.

Beyond that we have security forces, finance, personnel, weather and medical professionals—the list goes on and on.

Most of these areas of specialty require specific education and intense technical training that make their contributions unique. Thus, we hear unit cheers such as "without munitions, there ain't no mission," "no money, no mission," "no health, no stealth," etc.

As much as I might want to, I am not qualified to be a pilot, I can't treat

patients at the clinic, or control air traffic. In order to optimize the effectiveness of our team, we must recognize the singular contributions that each individual makes and respect them for the capabilities they provide.

The apostle Paul compared a group of individuals or a team to the human body. He wrote that the body is made up of many members. Just because the foot isn't the hand, the foot can't say that it isn't part of the body.

Likewise, the ear can't say that because it isn't the eye that it isn't part of the body. And if the whole body were an eye, how would the body hear? If the whole body were an ear, who would do the smelling?

In other words, we all have our own unique purpose or piece of the mission that is important to the overall functioning of the team. Paul went on to say that the eye can't say to the hand, I don't need you; neither can the head say the same to the feet.

Just as the contributions of each member are important to the overall performance of the body, the role each of us play is vital to accomplishing our mission at Whiteman.

As we trust and show respect for each member of "Team Whiteman" we will be more strongly united in purpose and our important mission will continue to be accomplished in an outstanding manner.



## Newsline

## Exercise wrap-up party

Brig. Gen. Chris Miller, 509th Bomb Wing commander, invites members of Team Whiteman to Mission's End at Noon, April 7, to celebrate the completion of the Mighty Guardian exercise. General Miller will make special presentations and there will be free food.

## Potential pay error

An unexpected error was generated during a program update which resulted in some members' leave and earning statements for March showing \$100 GI Bill deductions.

Members are encouraged to log on to MyPay, <https://mypay.dfas.mil/mypay.asp>, and view March's LES for this erroneous deduction.

If you did receive this deduction in error, contact the 509th Comptroller Squadron customer service at 687-2006, 687-2742, 687-7911, 687-6327, or 687-4466 or visit the customer service counter 8:30 a.m. to 4 p.m. Monday-Friday, in Bldg. 509, ste. 115A.

## Giant voice silence

The command post has discontinued the automatic giant voice transmissions of reveille, taps and retreat until Thursday in support of an exercise.

This will also help keep the Giant Voice batteries fully-charged during the spring tornado season.

## Chapel hosts free weekly Lenten lunches

Lenten Lunches are provided free of charge each Wednesday through Easter at the chapel. Daily mass for Catholics and a devotional for Protestants begin at 11:30 a.m., with homemade soup and breads served at noon.

This is open to everyone. Contact the chapel at 687-3652 for more information.

## Exercise ongoing

An exercise will be conducted here through early April. Local residents and base members may see and hear exercise activity during day and night time hours, which will include the use of blank ammunition, noise producing simulators and smoke.

Exercise operations will not inconvenience local residents. An environmental assessment has determined that there will be no significant environmental effects. For more information, call public affairs at 687-6123.

## BCC luncheon set

The next base community council meeting is a luncheon event beginning at noon Thursday at Mission's End.

Clinton is the featured community. The meal is chicken Caesar salad. The cost is \$8.50. Those interested in attending must R.S.V.P. by noon Monday. Sorry, no late R.S.V.P.s will be accepted. To R.S.V.P. or for more details, call Melissa Klinkner at 687-6122.

## Honoring those who serve

The Kansas City Royals baseball team has extended its special Military Appreciation Ticket Program for the 2006 season.

Fans with a valid military photo ID can receive up to four complimentary tickets for all Sunday-Thursday home games, based on availability (excluding Opening Day and the Cardinal's Series).

Tickets will only be distributed on game days at Kauffman Stadium's Guest Ticket Window, which opens 90 minutes prior to game time.

For more details, call Curt Nelson at (816) 504-4337.

## New Orleans A-10s arrive at Whiteman

**WHITEMAN AIR FORCE BASE, Mo. (AFPN)**—This base continues to absorb people and planes from hurricane-ravaged Naval Air Station Joint Reserve Base, La., accepting the second to last A-10 Thunderbolt II March 16.

Falling in line with Base Realignment and Closure committee recommendations, the original plan had the naval base delivering aircraft and people to Whiteman over three years. Hurricane Katrina shortened that plan considerably.

"We're cramming three years of work into the next eight months," said Col. Patrick Cord, 442nd Fighter Wing commander. "I'm confident the wing is up to the challenge. We're professional, we're experienced and we've proven ourselves in combat."

Whiteman is now challenged with deciding how its going to integrate nine aircraft and additional people into existing facilities and organizations.

While the timeline for realigning the 926th FW is earlier than expected, officials at Headquarters Air Force Reserve Command at Robins Air Force Base, Ga., stress that an early move is necessary because of Hurricane Katrina's damage to the New Orleans base.

"The timeline for moving aircraft and closing the 926th Fighter Wing is based on two key factors—the need to transform the military and the way we do business, and taking care of our personnel," said Maj. Gen. Charles E. Stenner Jr., director of plans and programs at AFRC headquarters. "Mission demands dictate that timeline."

After assessing the hurricane's damage, it was determined that the 926th FW would not be able to maintain wartime readiness past a certain point.

To help the 442nd FW with manpower issues related to the BRAC decision, a site activation task force team from AFRC headquarters visited Whiteman March 7-9 to assess the needs of the agencies and units in the wing affected



Photo by Master Sgt. Bill Huntington

**A pilot walks away from an A-10 Thunderbolt II he just delivered to the 442nd Fighter Wing at Whiteman Feb. 24. The 442nd FW is receiving nine additional aircraft as part of the base realignment and closure decision, bringing the total number of aircraft in the wing to 24. The pilot and A-10 are from the 926th Fighter Wing, based near New Orleans. The A-10s are on loan to the 442nd pending final acceptance procedures.**

most by the addition of nine aircraft. An environmental impact assessment must also be made before the transfer is complete.

Besides caring for more aircraft, the 442nd Maintenance Group is likely to gain most of the new people with the transfer.

"In the short term, it's going to be extremely busy, accepting airplanes and accomplishing the flying mission short-handed," said Chief Master Sgt. Donald Shoop, 442nd Aircraft Maintenance Squadron superintendent. "Our goal is to have all of our (full-time) air reserve technician positions filled by October."

The 442nd Operations Group will

gain the rest of the new positions and face an increase in its flying-hour budget to match the additional aircraft.

"(The flying-hour budget) is going to go up proportionally to what it is now," said Lt. Col. Stephen Chappel, 303rd Fighter Squadron director of operations. "We will be flying a lot more jets on a day-to-day basis. We're flying 13 sorties a day now and we're looking at increasing that to 18 sorties."

The last A-10 from New Orleans is expected to arrive here in June when it will be released from the depot maintenance facility at Hill Air Force Base, Utah. *(Courtesy of Air Force Reserve Command News Service)*

## 394th Combat Training Squadron receives new commander

Lt. Col. Troy Van Bemmelen, 394th Combat Training Squadron, assumed command from Lt. Col. Steve Moulton during a change-of-command ceremony March 24.

**Previous assignment:** Joint Special Operations Command, Fires Chief of Bomber Operations

**Time in service:** 17 years

**Commissioning source:** ROTC at Michigan Technological University

**Family:** Wife, Michelle, with 3 children, Bailey, Brand and James Henry

**Hobbies:** Racquetball

**How does the squadron contribute to the Air Force mission?** We provide the first step in initial B-2 training necessary for the service to

provide the combat capability to the combatant commander. The service has the responsibility and mission to organize, train and equip. The 394th CTS is the training part.

**Command philosophy:** The right way may not always be the easiest, but it is the best way, and there are no shortcuts to accomplishing the mission. If you treat people with respect and expertise, you will get respect and expertise in return. I want to make sure of that.

**Goals for new position:** To instill in all of the 394th CTS members that we have signed the dotted line, and therefore have a responsibility to do our part in making sure that we continue to pro-



Photo by Senior Airman Ryan Wilson

**Lt. Col. Troy Van Bemmelen, 394th Combat Training Squadron, (right) takes the 394th CTS guidon from Col. Bob Wheeler, 509th Operations Group commander, during a change-of-command ceremony March 24.**

vide the best trained B-2 pilots and instructors. And to be prepared for the 509th

Bomb Wing to call on us, as required, to perform missions and instruction.

# 8th AF NCO of the Year



Photo by Senior Airman Jason Barebo

Tech. Sgt. Brian McGee, 509th Logistics Readiness Squadron, won the 8th Air Force Noncommissioned Officer of the Year award. The vehicle operations supervisor is seen here with his awards.

## The 'Bomb' wing PA



Courtesy photo

The 509th Bomb Wing Public Affairs Office won several Air Combat Command and Air Force level awards for 2005. The awards are:

- 1st Place ACC Best Public Affairs Office (small wing)
- 1st Place ACC Best Internal Information Program
- 2nd Place ACC Community Relations Program
- 3rd Place ACC Media Relations Program
- Maj. Joe DellaVedova, ACC Outstanding Public Affairs Field Grade Officer of the Year
- Senior Airman Joe Lacdan, won Air Force Print Journalist of the Year, 1st Place ACC Sports Article, 1st Place ACC Feature Article
- Airman 1st Class Jason Burton, 2nd Place ACC Stand-alone Photograph.





## Chief's Perspective



# Be a good Wingman

**By Chief Master Sgt. Alphonse Godbout**

509th Maintenance Operations Squadron

**H**ave you ever stopped to think, what is the Air Force's most significant resource? If you ask nearly any Air Force chief master sergeant they will probably tell you, it's our people.

It's the job of Airmen at all levels to safeguard that resource by looking out for each other as good wingmen. In fact, the commander of Air Combat Command, Gen.

Ronald E. Keys, recently stated, "Our number one priority is taking care of our people."

It's our people that have made the Air Force what it is today. I'm sure you've all heard it many times, "the Air Force takes care of its own!" Those are great words, but that's all they are, unless we take action to make it happen.

That means watch out for yourself as well as your fellow Airmen. This applies on the job as well as off duty. We sometimes get complacent on the job because we get used to the idea of being told what to do or someone being there to look over our shoulder.

On or off duty, if you see someone doing or about to do something they shouldn't, don't just ignore it; say something.

We've all heard the stories or know of someone that didn't have a good wingman: an on the job accident, a DUI, a sexual assault, someone getting beat-up or worse yet, a suicide.

Don't do things that put you at unnecessary risk; but

being a good wingman sometimes means stepping out of your comfort zone and taking charge. If you see your fellow Airmen about to do something you know they shouldn't, step-up and stop them. Be that good wingman!

Don't let your friends walk off and drive home when you know they've had too much to drink. You'll see it before they will; do what ever it takes to stop them. They'll thank you for it later.

Take charge of the situation when you see something dangerous that others don't. If you know someone is going into a dangerous area don't let them go alone. There's strength in numbers. It just might prevent someone from being physically or sexually assaulted.

Don't be the one that says, "I knew I should have done something but I didn't want them to think I was a jerk." Be the one you hope will be there for you when you need them. Don't slip into the mindset that it's not my job. It's up to each of us to step-up and take the action to be a good wingman and safeguard our most significant resource.



Photo by Senior Airman Ryan Wilson

**Thomas Stock, 509th Communications Squadron, configures user permissions on a storage area network.**

# Magazine names 'Federal 100' winners

## *509th Communications Squadron member receives recognition*

**SAN ANTONIO (AFPN)**—Federal Computer Week magazine recently named its 2006 Federal 100 list. The awards recognize government, industry and academia executives who have played pivotal roles in the federal information technology community. Five of the 100 have an Air Force connection. Those award winners are:

■ Thomas Stock, network manager at Whiteman. He led a team that upgraded the base network to gigabit ethernet performance. The flawless deployment was completed on time and within its \$3 million budget.

■ Capt. Jeffrey Arsenault, flight commander of base level systems at Tinker Air Force Base, Okla. Within hours of getting the call, he responded to Hurricane Katrina relief efforts in New Orleans with Deployable Initial Communications Equipment. He transformed what had been a slow-moving concept into the first option for

communications support.

■ Gen. William T. Hobbins, U.S. Air Forces in Europe commander. He established the service's first road map for command, control, communications, computers, intelligence, surveillance and reconnaissance.

■ Col. Earl Matthews, director of communications and information, Air Mobility Command. When he took control of the Global Decision Support System II in 2004, it was six months behind schedule. The military now has a reliable decision support system to coordinate transport aircraft, which moved 600,000 tons of cargo and 1.4 million servicemembers last year.

■ James Neighbors, former technical director and acting deputy commander of the Air Force Communications Agency (now director of the new Air Force Senior Executives Group at the Pentagon). He developed a leadership assessment summary process to mentor communications and information civilians for increased leadership roles-- it directly impacted 25,000 government civilians.

## Bad weather battle plan

When the weather turns bad listen to these stations for local weather forecasts.

### Kansas City TV

KMBC Channel 9

(ABC)

KSHB Channel 41

(NBC)

WDAF Channel 4

(FOX)

### Kansas City Radio

KBEQ (104.3 FM)

KFKF (94.1 FM)

KPRS (103.3 FM)

WDAF (106.5 FM)

KMBZ (980 AM)

KDUL (98.1 FM)

### Warrensburg Radio

KOKO (1450 AM)

KCMW (90.9 FM)

KWKJ (98.5 FM)

### Clinton Radio

KLRQ (96.1 FM)

KDKD (1280 AM and 95.3 FM)

### Sedalia Radio

KDRO (1490 AM)

KSIS (1050 AM)

KSDL (92.1 FM)

KXXK (105.7 FM)

Base members can also tune in to Channel 99 on base, visit [www.whiteman.af.mil](http://www.whiteman.af.mil) or call the Straight Talk Line at 687-NEWS (6397).

# Servicemembers civil relief act notification

By Staff Sgt. Tara White

509th Bomb Wing Legal Office

The Servicemembers Civil Relief Act protects persons serving on active duty from adverse consequences to their legal rights that may result from such service.

Some SCRA protections apply to Reservists and Guardsmen called to serve on active duty. Other protections apply to members who have always been on active duty while some protections apply to military dependents.

The SCRA covers several areas in which you may find yourself needing assistance. The areas covered are: administrative or court proceedings, automobile leases, rental lease, contracts, eviction, foreclosures and forced sales, interest rates, insurance, judgments, and state and federal income taxes.

If you can answer yes to any of the following questions, then under the SCRA the Whiteman legal office may be able to help.

■ Are you involved in an administrative proceeding of any kind or a

civil court case that you wish to postpone while serving on active duty or within 90 days after completing an active duty assignment?

■ Do you wish to terminate an automobile lease that was entered into before

♦ being called to active duty for a period of 180 or more days; or

♦ receiving orders for a permanent change of duty station outside the United States or

♦ from a state outside the continental United States to a state outside that state or

♦ deploying with a military unit for 180 days or more?

■ Do you wish to terminate a rental lease that was entered into before:

♦ being called to active duty;

♦ receiving orders for a permanent change of duty station;

♦ deploying with a military unit for 90 days or more; or

♦ separating or retiring from the military?

■ Is a creditor threatening to terminate an installment contract for the purchase, lease or bailment of real or

personal property, such as an automobile, that you entered into before serving on active duty?

■ Are you or your dependents being threatened with eviction from your primary residence while serving on active duty?

■ Is a mortgagor or lien holder attempting to foreclose a mortgage or enforce a lien on property you acquired before serving on active duty?

■ On purchases you made before serving on active duty, are you paying an interest rate of over 6 percent—including credit cards and mortgages but not student loans?

■ Are you having difficulty paying private professional, health or life insurance premiums, or has your insurance been terminated while on active duty?

■ Has a court judgment been entered against you while on active duty?

■ Are you having difficulty paying income taxes while on active duty?

For complete rules and restrictions under the SCRA, call the Whiteman Legal Office at 687-6809.

# JDAM: Continues to be warfighter's weapon of choice

By Staff Sgt. Ryan Hansen

Air Armament Center Public Affairs

**EGLIN AIR FORCE BASE, Fla.** — To call yourself the Airman warfighter's weapon of choice is one thing, but it's quite another to go out and back it up.

Since its debut in 1999, the Joint Direct Attack Munition, or JDAM, has been called upon more than 15,000 times and continues to be used in the global war on terror.

JDAM is a tail kit that turns an unguided dumb bomb, already in the warfighter's arsenal, into an accurate smart munition. These new smart weapons are available to the warfighter in four variants: the 2,000-pound MK-84, the 2,000-pound BLU-109, the 1,000-pound MK-83 and the 500-pound MK-82.

With a range of about 15 nautical miles, the autonomous JDAM can be released from almost every aircraft in the Air Force and Navy inventory from a very low or very high altitude in almost any type of weather. Once in the air, the weapon uses its inertial navigation and Global Positioning System to find its target.

But even though JDAM is now a staple of America's arsenal, the Direct Attack Systems Group here continues to upgrade the weapon and find new ways for the warfighter to use it to their advantage.

## New weapon needed

In 1991 when Air Force leaders reviewed its performance following Operation Desert Storm they saw an operational need for a precision-guided weapon that could be used in any weather.

The United States used mostly unguided munitions during the first conflict with Iraq. These weapons were not very accurate, which caused a variety of problems. The Air Force did use some laser-guided weapons, but they were only effective in near perfect weather and were very expensive. So an alternative was needed.

Fortunately some researchers and engineers at Eglin had already been looking at a new way to guide a bomb to its target since the 1980s. This group came up with the idea of using inertial navigation to make it work.

"We had done a (technology demonstration) and the (Air Force Research Laboratory Munitions Directorate) actually conducted the initial study," said Dr. Louis Cerrato, chief engineer of the JDAM Squadron, who was part of that original team. "But after the demo it languished for a couple of years and it was put on the shelf."

After the service's review of the conflict and its subsequent findings, the technology was ready to be taken off the shelf.

## Keep costs down

Many issues still had to be overcome even though the Air Force was ready to move forward with the project. The most important factor was affordability. The service did not want to pay a lot for this new weapon technology.

Luckily for the new program office, acquisition reform was taking place inside the Department of Defense. JDAM was picked by Congress to be one of seven pilot programs given waivers that allowed them to avoid some government regulations that were often very costly.

"Previously, companies dealing with the government were required to provide extensive cost data to justify prices," said Roy Handsel, a project manager with the JDAM Squadron. "This complicated and labor intensive information gathering put many small manufacturing shops out of the running for government contracts. But with waivers ... small businesses across America could be subcontracted ... to produce the subassemblies that make up a JDAM."

In 1995 McDonnell Douglas, which

later merged with Boeing, was picked to develop the low-cost JDAM. The Air Force and Navy were on board to purchase 87,000 tail kits at just \$18,000 a piece — which has since increased to more than 200,000 units because of the weapon's affordable price and operational success.

## Combat proven

The weapon was called upon for the first time in Operation Allied Force. B-2 Spirits flew 30-hour, nonstop, round trip missions from Whiteman, releasing more than 650 JDAMs during the conflict.

"Accuracy and reliability numbers on paper is one thing, but seeing results in combat is the real proof that our troops have seen and now they know they can count on JDAM," said Lt. Col. Richard Hyde, JDAM Squadron commander.

The weapon showed it could do even more for the warfighter with the start of Operation Enduring Freedom in Afghanistan. B-52 Stratofortresses flying high above the battlefield and loaded to the hilt with JDAMs were regularly called in to provide close air support in addition to their regular missions.

"This type of performance has led to using JDAM in roles ... that we didn't envision," Colonel Hyde said. "It has really transformed our bomber fleet and the roles they can perform."

The same was true in Operation Iraqi Freedom. Warfighters knew they could rely on JDAMs and were able to use the 500-pound version of the weapon for the first time.

"Its smaller size really allows us to use the JDAM in more of an urban operation," Ms. Taylor said. "With the war being brought into the cities we really have to be not only precise, but also have very little collateral damage, and the 500-pounder really does that for us."

## Future upgrades

JDAM will be one of the first weapons in the inventory to be universal armament interface compliant. This technology will allow the Air Force and Navy to incorporate new precision-guided munitions and current weapon upgrades onto its aircraft without major changes to aircraft software — a process that takes years and is very costly.

"Once we are implemented on a platform with UAI we'll be able to bring in new upgrades ... and integrate them significantly quicker than what we could before," Ms. Taylor said. "It used to take years but now with UAI the process will be a lot quicker."

The jointly manned JDAM Squadron is also working with the Department of the Navy to add a laser seeker to the weapon. This will help the warfighter in two ways.

"If we do not have an exact GPS coordinate for a target, but we have the ability to put a laser spot on it, we'll still be able to drop JDAMs in that application," Ms. Taylor said. "Plus a laser JDAM will be very effective against moving targets."

Another way the JDAM Squadron is looking at making the weapon more useful against moving targets is by adding a data link. The Affordable Moving Surface Target Engagement effort is doing just that.

The weapon remains the warfighter's weapon of choice, but it's definitely not the same JDAM that rolled off the assembly line in the 1990s. They have significantly increased accuracy, satellite acquisition, anti-jamming and electronic processing.

"This is not your father's JDAM," Colonel Hyde said. "We're more than just a production weapon, we're continuously on the leading edge of technology and we're always looking toward the future."

*(Courtesy of Air Force Materiel Command News Service)*



# Whiteman Spirit Award



Photo by Maj. Joe DellaVedova

## Nina Dickey

509th Medical Support Squadron

Nina Dickey, 509th Medical Support Squadron received the Whiteman Spirit Award Monday from Col. Eric Single, 509th Bomb Wing vice commander.

Col. Gloria Twilley, 509th Medical Group commander, nominated Mrs. Dickey for the award.

"A few weeks ago a retired TRICARE Prime retiree contacted Mrs. Dickey to work a TRICARE issue," Colonel Twilley said.

This retiree had received a debt collection notice for non-payment for medical care he had received through a network provider.

As a TRICARE prime beneficiary, the member should not have incurred any costs for care that he already had an authorization for.

"Mrs. Dickey was able to stop the debt collection action on the member. She was also able to do some on the spot education to the healthcare organization on how TRICARE should work for TRICARE beneficiaries," Colonel Twilley said. "This act is just one example of the myriad concerns that Mrs. Dickey does on a daily basis."

Mrs. Dickey is a devoted healthcare benefits advisor who acts as the patient's advocate for TRICARE issues, Colonel Twilley added.

**Time on Station:** 18 years

**Time in Service:** 20 years

**Hometown:** Utica, Mich.

**Spouse:** John

**Children:** Jennifer, 33; Amy, 28

**Hobbies:** I enjoy pretty much anything outdoors; camping, walking, swimming, driving around in our 1948 Jeep and riding with my husband on our Harley.

**Goals:** To retire in another year; spend more time with my family, especially my grandson. And travel a little.

**Best thing about Whiteman:** As always, the people.

**Pet Peeves:** There have been so many changes in the military over the past 10 years; some good and some bad. It bothers me when folks get angry with the one person who is trying to assist them with a problem. We all need to remember that the employees on base aren't the ones making the changes; but they are the ones who have to follow the guidelines given. It doesn't matter if we like the changes or not, we just need to work together to make them work.

**What motivates your winning spirit?** When I can actually make a difference for someone.

**If you could change one thing about Whiteman, what would it be?** I would like to see an indoor pool; open all yearlong.

## Wheel . . . of . . . FORTUNE



Photo by Staff Sgt. Rob Hazelett

**Belinda O'Brien, wife of Master Sgt. Richard O'Brien, 509th Maintenance Squadron first sergeant, watches an episode of Wheel of Fortune, where she was a participant, Monday at Mission's End. Mrs. O'Brien, was one of three Whiteman personnel to have recently made an appearance on the show. She won \$10,700 and a brand new RX330 Lexus in the bonus round. Others who made it to a taping in Los Angeles and will be on upcoming shows are Maj. Sean Purvis, Detachment 12, Air Combat Command Training Support Squadron commander, (April 7), and Capt. Jason Boisvert, 509th MXS (April 19).**



In January, eight Whiteman military members received punishment under Article 15, Uniform Code of Military Justice, one was administratively discharged and one was tried by a special court-martial.

### Article 15

A senior airman from the 509th Aircraft Maintenance Squadron received an Article 15 for drunken driving. Punishment was reduction to airman first class and 14 days extra duty.

A senior airman from the 509th Communications Squadron received an Article 15 for wrongful use of marijuana. Punishment was reduction to airman, restriction to base for 45 days, 18 days extra duty and a reprimand. Consequently, the member was administratively discharged.

An airman 1st class from the 509th Maintenance Squadron received an Article 15 for failing to obey a lawful order by failing to report to work. Punishment was reduction to airman basic, forfeiture of \$300 pay and restriction to base for 60 days.

A captain from the 509th Medical Operations Squadron received an Article 15 for dereliction of duty by failing to process patient reports. Punishment was a reprimand.

A senior airman from the 509th Medical Support Squadron received an Article 15 for failing to go to an appointment and physical training. Punishment was reduction to airman first class and suspended forfeiture of \$300 pay per month for two months.

An airman 1st class from the 509th Mission Support Squadron received an Article 15 for mak-

ing a false official statement and failing to go to work. Punishment was a suspended reduction to airman and 30 days extra duty.

A second lieutenant from the 509th Security Forces Squadron received an Article 15 for drunken driving. Punishment was forfeiture of \$500 pay per month for two months and a reprimand.

An airman first class from the 509th SFS received an Article 15 for violating a general regulation by wearing body jewelry while on base and failing to obey a lawful order to clean their dorm room. Punishment was a suspended reduction to airman, restriction to base for 14 days, 14 days extra duty and a reprimand.

### Discharges

An airman from the 509th Communications Squadron received a general discharge for wrongfully using marijuana.

### Courts-Martial

Airman Basic Thomas Skillman, 509th Logistics Readiness Squadron, was tried and convicted by general court-martial for violations of the UCMJ: Article 91, disrespecting a non-commissioned officer; Article 92, dereliction of duty for failing to refrain from drinking alcohol while on standby as the on-call vehicle operator; Article 120, carnal knowledge with a person over the age of 12 but under the age of 16; Article 128, assault consummated by a battery; and Article 134, knowingly possessing child pornography on his computer. He was sentenced to a dishonorable discharge and confinement for four years.

In February, three Whiteman military members received punishment under Article 15, Uniform Code of Military Justice, and three were administratively discharged.

### Article 15

A senior airman from the 509th Maintenance Squadron received an Article 15 for dereliction of duty for wearing a wristwatch while working on a bomblift, failing to obey a lawful order by failing to shave before work and failing to go to work. Punishment was a reduction to airman first class and a reprimand.

A staff sergeant from the 509th Munitions Squadron received an Article 15 for drunken driving. Punishment was a suspended reduction to senior airman, 14 days extra duty and a reprimand.

An airman from the 509th Services Squadron received an Article 15 for failing to go to work. Punishment was reduction to airman basic and 45 days extra duty.

### Discharges

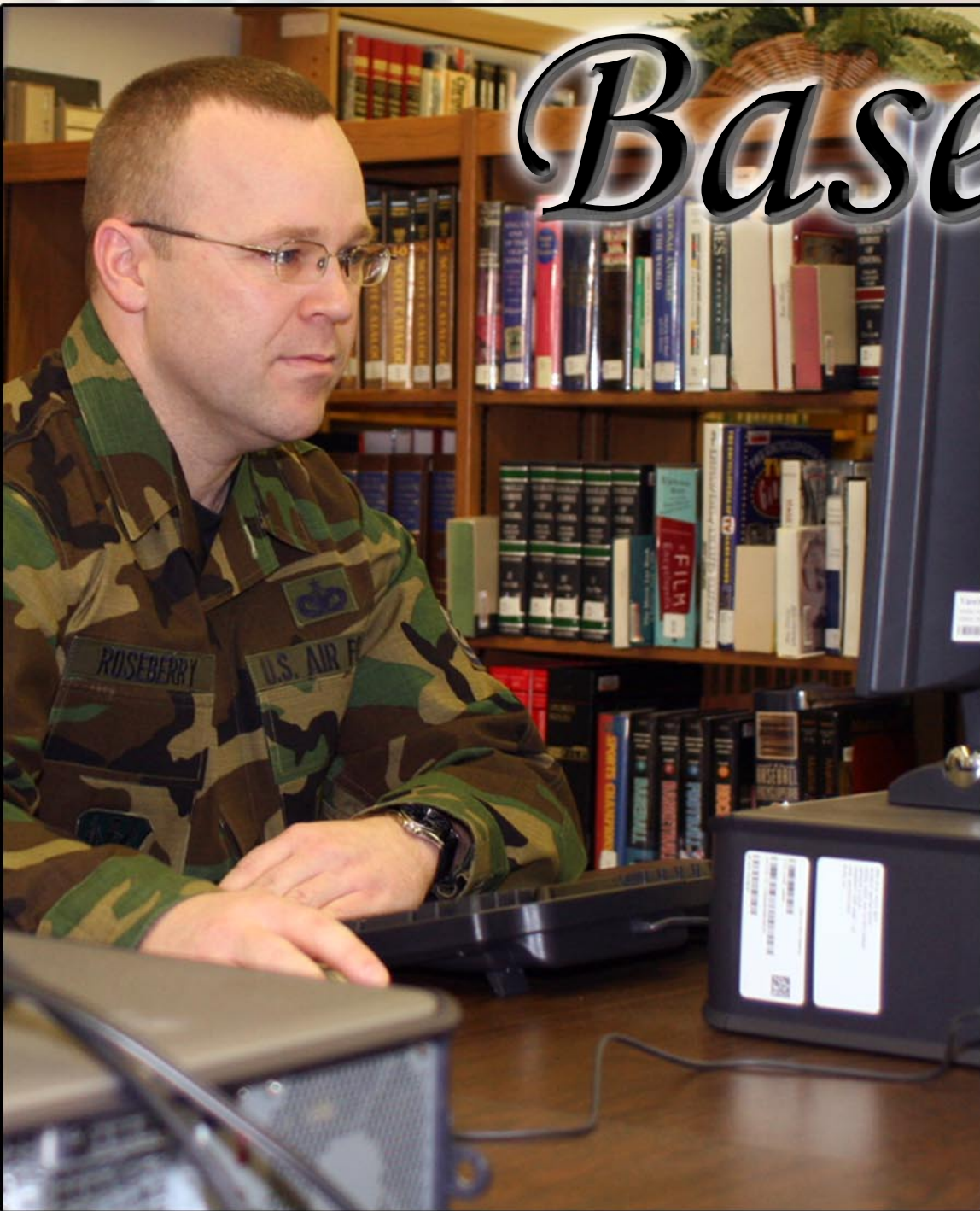
An airman first class from

the 509th Aircraft Maintenance Squadron received a general discharge for minor disciplinary infractions. The misconduct included failing to go to work, dishonorably failing to pay a debt on a government travel card, failing to pay government travel card that was overdue, failing to pay personal debts, dereliction of duty by incorrectly filing and making numerous errors on an aircraft debrief and receiving a ticket on base for failing to provide proof of insurance.

A senior airman from the 509th MUNS an under other than honorable conditions discharge for commission of a serious offense. The misconduct included stealing money orders from a local grocery store for which he received a conviction offbase.

A senior airman from the 509th Security Forces Squadron received a general discharge for minor disciplinary infractions. The misconduct included committing an indecent act on a person, orally communicating certain indecent language and unlawfully striking another airman.





Tech. Sgt. Wayne Roseberry, 509th Security Forces Squadron, uses one of 20 computer workstations at the base library to check his personal e-mail. Also available are three laptop connections, two parent and child workstations, and an academic workstation with a scanner. The library also provides no charge printing, however they do ask that printing is kept to a minimum to keep the service free. The base library is located at 750 Arnold Avenue Bldg. 527. Hours of operation are Monday - Thursday 11 a.m. - 8:30 p.m., Friday 11 a.m. - 5 p.m., and Saturday 11 a.m. - 5 p.m. The library is closed on holidays.

# Base Library

*Enhances knowledge, provides service*

**National Library Week 2006  
News Release**

**Whiteman Library invites you to  
change your world '@ your library'**

Monday through April 6 is National Library Week, a time to celebrate the contributions of libraries, librarians and library workers to their schools, campuses and communities.

"National Library Week is the perfect time to come in and see how we can help you change your world," says Dennis Wilson, Whiteman's Library director. "Whether you're looking to make a small change in your life or a big change in the world, the Whiteman Library has the books and magazines, databases and Internet access that can help you get it done."

National Library Week 2006 marks the sixth year of The Campaign for America's Libraries, a multi-year public education campaign sponsored by the American Library Association and libraries across the country to speak loudly and clearly about the value of libraries and librarians in the 21st century. More than 20,000 libraries in all 50 states are being reached by "@ your library®". The Campaign for America's Libraries.

"Libraries have always been places of opportunity and one of the best values in the community. The librarians and library staff at Whiteman's Library are there to help you find what you're looking for so you can achieve your goals."

About the Whiteman Library, visit the library blog, Bldg. 527, call 657-6514, or visit the web site at [www.whitemanliblibrary.org](http://www.whitemanliblibrary.org)



Susan Metz, 509th Services Squadron library clerk, assists a customer with a library transaction. The library provides more than 25,000 books, audiobooks, videos, digital video disks, music compact disks, and other items for information, education and entertainment. In support of professional and voluntary education, the library has a collection of College-Level Examination Program and DAN TES test preparation guides. The library also has preparation guides for other professional examinations and recommended textbooks available. Videos on CLEP exams, Armed Services Vocational Aptitude Battery and advanced math are also available from the library. State Fair Community College, Park University and Webster University have also contributed materials to support their respective academic programs. In addition, the library is available in a variety of formats including books, cassette tapes, compact disks or online resources. For more information, call the library at 657-6514.



Carmel Hankins, 509th Services Squadron library clerk, reads to children during story time. Children's story time is scheduled at 10 a.m. every Wednesday at the base library. Children also have the opportunity to make a story related craft. The library offers a summer reading program and prizes for reading books. Call 657-6514 for more information.



# Speak Out for Military Kids training held at Whiteman

**By Debbie Kermick**  
509th Services Squadron

The Whiteman Teen Center, in cooperation with the University of Missouri Columbia 4-H Extension Office, hosted a Speak Out for Military Kids training Saturday and Sunday.

Seventeen teens ages 14-18, 4-H and Whiteman youth staff and other adult volunteers from across the state took part in the 18-hour training event.

Speak Out for Military Kids is an educational program designed to raise the awareness of issues facing military families.

Through youth-led simulations, interviews and research, participants find out first hand what military families go through.

Based on these experiences, SOMK participants become members of speakers' bureaus and develop lectures, public service announcements, videos and other materials to share their experiences with others in the community.

In addition to building public awareness about issues facing military families during mobilization and deployment, SOMK provides its youth participants with the opportunity to gain valuable leadership, research, organization, technology and public speaking skills.

The youth utilize a mobile technology lab to create brochures, do interviews, make power point presentations and create radio and television public awareness announcements for use in educating community groups and families.

During the Whiteman training, the SOMK teens had the opportunity to learn about the deployment cycle, to become familiar with support organizations available for families and to create presentations that they can use during visits to various civic organizations.

Capt. Luke Jayne, 13th Bomb Squadron, gave a short presentation on pilot training and serving as an Air Force pilot along with an overview of the B-2 and Whiteman's mission.

The teens had lunch in the Ozark Inn Dining Facility and participated in a public speaking workshop instructed by Senior Airman Chane Bradshaw, 509th Civil Engineer Squadron. Airman Bradshaw shared methods and techniques for communicating in front of groups.



Courtesy photo

**Capt. Luke Jayne, 13th Bomb Squadron, briefs teens on Air Force careers, being a part of the Whiteman community and the B-2's mission during Military Kids Training Saturday.**

A bowling event at the Stars and Strikes proved to be a popular activity which helped the group bond and to create partnerships for upcoming public presentations.

Speak Out for Military Kids is a part of Operation: Military Kids and is not only for 4-H youth.

This project was launched to help children and teens of military servicemembers cope with the stresses and changes a parent's deployment brings into their lives.

The program is open to all military connected children but is geared toward those children of the 150,000 deployed National Guard and Reserve members. 4-H is partnering with National Guard and Reserve Family Readiness Groups, Boys & Girls Clubs, American Legion, youth workers, and other community groups.

Operation: Military Kids wants to help fill a gap that has been left in the lives of youth and communities who have missing adults due to an on-going deployment cycle.

Operation: Military Kids programs are currently established in these 20 states highly affected by military deployments: Alabama, Arkansas, California, Florida, Georgia, Hawaii, Idaho, Indiana, Iowa, Maryland, Missouri, New Hampshire, New York, North Carolina, Ohio, South Carolina, Tennessee, Texas, Virginia, and Washington.

Debbie Kermick, director of youth programs at Whiteman and youth programs lead recreation specialist Connie Morton are members of the Missouri State Board for Operation Military Kids.

The Missouri Board includes representatives of all affiliate organizations on this project, as well as community members from throughout the state who are committed to making a difference for children.

To learn more about becoming involved in Operation: Military Kids, contact Joan Zeller, 4-H Youth Development Programs Operation: Military Kids Coordinator, University of Missouri Extension, (660) 584-3658 or e-mail [zellerc@missouri.edu](mailto:zellerc@missouri.edu).

Additional information is also available on the Missouri website: <http://www.4h.missouri.edu/go/programs/military/>.

## Team Whiteman Community

### ALS Class 06-D to hold retreat

The Whiteman Airman Leadership School Class 06-D will hold a retreat ceremony 4 p.m. today at the base flagpole. All participants need to be in place no later than 3:45 p.m.

Join Class 06-D in showing respect to the flag and to veterans.

### Chapel offers class for teens

The base chapel offers an abstinence and relationship education class for teens 4-6 p.m. at the teen center Sundays through April 30. Supper will be provided.

### Volunteer opportunities

Missouri Veterans Homes offer excellent volunteer opportunities for individuals who would like to serve veterans.

There are a wide variety of opportuni-

ties ranging from companionship with individuals, working with groups to clerical tasks.

For more information, call Teresa Collins at 543-5064, or e-mail her at Teresa.Collins@mvc.dps.mo.gov.

### ALS reveille set

The Whiteman Airman Leadership School Class 06-D invites you to attend their reveille ceremony 7:30 a.m. Thursday at the Airman Leadership School's drill pad. Please arrive no later than 7:35 a.m.

### ALS class 05-F graduation set

The Whiteman Airman Leadership School Class 06-D's graduation will be 6 p.m. Thursday at Mission's End.

The social time begins at 5:30 p.m. followed by the graduation ceremony.

The guest speaker will be the 509th Services Squadron Chief Enlisted Manager, Chief Master Sgt. Don Carney.

The graduation dinner will be London broil. The cost is \$17.15 for members and \$19.15 for non-members.

The uniform is mess dress/semi-for-

mal for military, and coat and tie for civilians.

See a member of class 06-D to sign up.

### Get ready

The Whiteman Health and Wellness Center kicked off a new program recently - "Wing Readiness - Fitness on Target."

The program offers rewards as incentives to stay healthy. Participants should stop by the HAWC to pick up an incentive card. After each instructor-led class a fitness instructor should initial the card.

When the required number of classes is completed, participants can claim awards at the HAWC.

Following is a breakdown of the award/workout table.

■ Five instructor-led workouts - stress ball or hand towel

■ 10 instructor-led workouts - water bottle or Frisbee

■ 20 instructor-led workouts - hat

■ 25 instructor-led workouts - shirt or bag

For more information, call the HAWC at 687-7662.

### Youth sports coaches needed

Coaches are needed for youth T-Ball and coach-pitch teams. No experience is necessary.

With just 2-3 hours a week you can make a real difference to children ages kindergarten-4th grade. You can help children improve their confidence, team work and social skills as well as learn the basic skills needed for baseball.

The season starts at the end of April with the first game in mid-May. If you would like to help, pick up a packet from the youth center offices in the community center 7:30 a.m.-4:30 p.m. Monday-Friday or from the teen center during business hours 3-8 p.m. Monday-Thursday, Friday 3-10 p.m. and Saturday 3 p.m.-midnight.

All coaches need to undergo a training session within two weeks before coaching. The next session is 5-7:30 p.m. Thursday at the community center; alternative times can be arranged as necessary. Inexperienced coaches will be placed with more experienced individuals wherever possible.

Active duty, spouses and DoD civilians are all welcome to volunteer.

For more details, call 687-5586.

# Acronym buster

By Capt. Tony Wickman  
71st Flying Training Wing Public Affairs

### Across

- Music items
- Mil. pay entitlement for food
- What about \_\_\_?
- 21st letter of the Hebrew alphabet
- Mil. person in charge of NCOIC
- USAF MAJCOM
- Dine
- USAF Sgt.
- Mil. representative at another command, organization
- Place for a sailor
- AFOTEC and USAFA are this type of USAF org.
- Defensor Fortis; SFS mission
- Org. that provides base exchanges
- 19th letter of the Greek alphabet
- USAF education; ALS, NCOA, SOS, etc.
- Intelligence req. for CCs
- \_\_\_ polloi: the masses
- Plan for mil. families in case of death
- Mil. draft org.
- Spore-producing plant

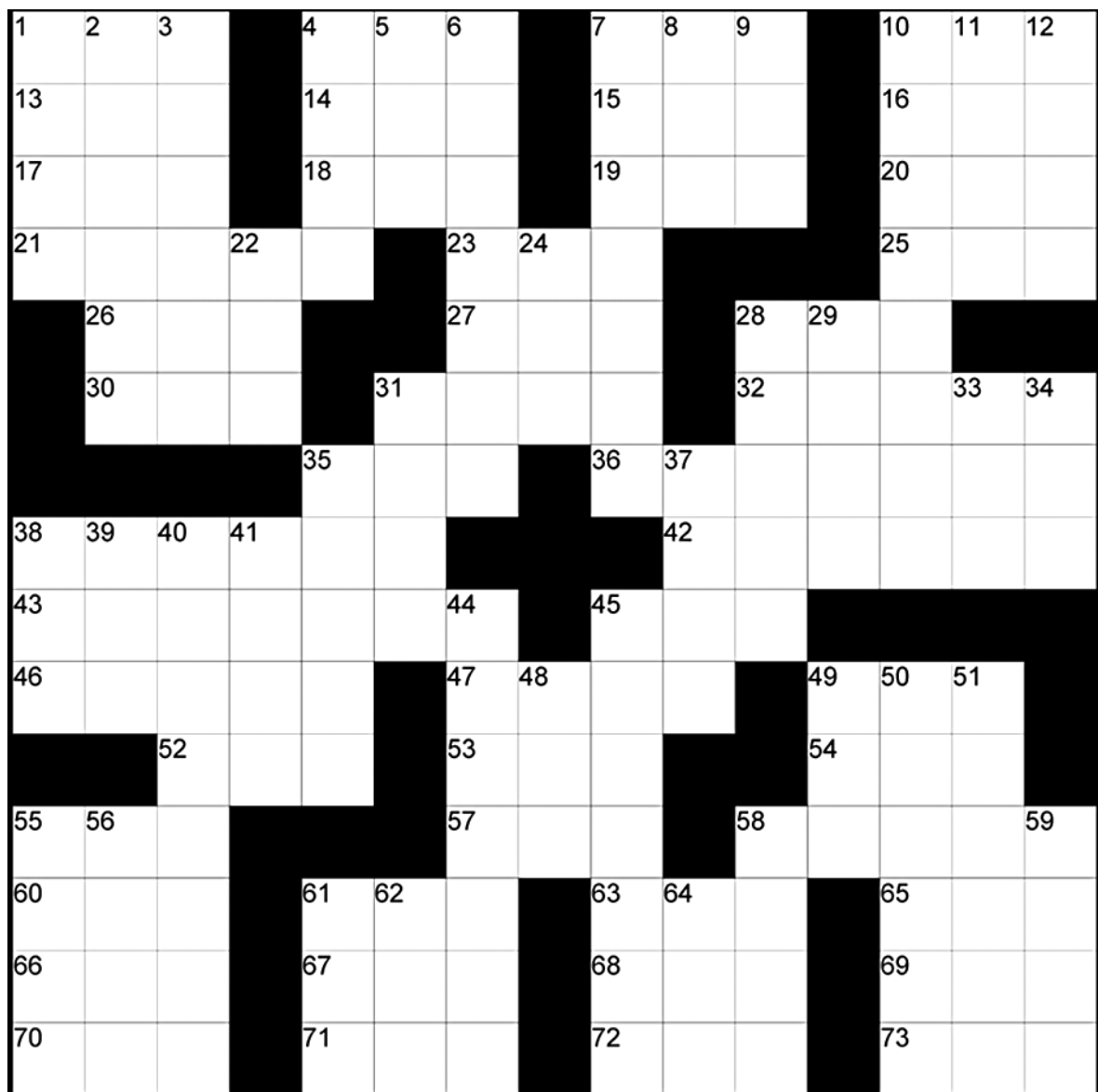


### March 24 solutions

- Egyptian town
- Payment method
- Boom boxes
- Custard filled pastry
- Fixed in the character or disposition, as if inherited
- Type of cargo delivery
- Where MWDs go for check-ups
- Interlace
- American linguist and author Mary Rosamond \_\_\_
- Civ. prosecutors
- 1946 Capra movie \_\_\_ a Wonderful Life
- Stimpy's pal
- Burn residue
- Everything
- USAF requirements documents; \_\_\_ 36-2903, etc.
- USAF MAJCOM
- Foot part
- USAF assignment site
- Confederate general
- Rated USAF Nav. Who finds, identifies and counters radars
- Mission performed for downed pilots
- USAF supervisor report issued on deployments
- One's fortune in life; fate
- Sea between Africa and Arabian Peninsula
- Army equivalent to OTS
- Type of bomb
- USAF legal team
- USAF deployment or mission

### Down

- OCONUS Mil. pay entitlement
- Iraqi currency
- Mocks
- Largemouth fish
- Pilot with 5+ kills
- Injured
- Nomadic Arabs
- Paddle
- Heating unit
- More energetic
- LGM-30G or LG-118A



- Joint
- Environmental req. before constructing
- CC's region of control
- Aroma
- Sharp projection
- Mil. information classification
- Mil. acronym for how forces engage enemy forces
- Mil. office symbol for
- SECDEF
- Diamond or spades
- Stalemates
- Chat
- Demeanor
- Tankers and flatbeds
- Use red ink
- Expressed orally
- 2001 Cruise movie \_\_\_ Sky
- USAF deployment set
- USAF civilian employee

- Declare
- Displayed
- USAF guide for chem. environments
- DoD Law of War Program
- USAF MAJCOM
- William F. "Buffalo Bill" \_\_\_; Wild West Show
- The Greatest
- A Stooze
- USAF org. for 71 ACROSS





Photo by Master Sgt. Efrain Gonzalez

# Lift your way to better health

**By 2nd Lt. Chuck Widener**  
Airman Magazine

Maybe this sounds familiar: You practice push-ups and sit-ups, and even jog two or three times a week. But you haven't noticed a significant increase in the physical training score. Those magic numbers you're seeking to pass the fitness test just keep slipping away, and it's difficult to sit down because your muscles are sore from unit PT.

So what's going on here? Your muscles probably need more strength. If you're experiencing sore muscles after physical exertion, it's a sign those sore muscles are weak, were hurt when used and are now causing you to moan in agony each time you move.

Maybe you should consider adding weight training to your PT regime.

## Performance boost

Lifting weights is a way to increase push-up and sit-up counts, and the speed and endurance of your runs. Better yet, it can reduce the waistline.

Perhaps the most beneficial aspect of weight training is it can prevent injuries resulting from weak muscles. Believe it or not, injury rates among runners are the highest.

"Running involves an incredible amount of contact, but it's with road surfaces rather than other athletes," said Dr. Wayne Westcott, fitness research director at the South Shore YMCA in Quincy, Mass. "Every running stride places about three times the weight of your body on your foot, ankle, knee and hip joints."

Those landing forces can also stress your lower back.

By lifting weights, you not only strengthen your muscles, but you strengthen the joints and connective tissues, which literally hold your body together. Weight training even strengthens your bones. Those stronger muscles, tendons, ligaments and bones will reduce injuries.

## Reduce fat, build muscle

Weight training can also reduce your body fat level and trim your waistline, due to an increase in the body's metabolism rate as a result of building lean muscle, said Master Sgt. Allen York of the Air Force Recruiting Service at Randolph Air Force Base, Texas. He's a certified fitness trainer with the National Federation of Professional Trainers, and has been weight training for 15 years.

"There can be some slight weight gain," he said. "Your body fat percentage will drop as you build more lean muscle, but the tape measure is the key."

Many people don't stick to their routines because they view weight loss as a measure of their success rather than how their body shape has changed. Weight training will help you come back more

lean, not necessarily lighter, Sergeant York said.

That's not to say, however, that some people won't lose pounds. Take 1st Lt. Cathy Royster of Pope Air Force Base, N.C., for example. She's been weight training for more than 10 years, but didn't begin losing weight until she realized that it had changed her metabolism. Since changing her routine, she's lost 10 to 15 pounds.

"For a long time, I lifted low weight with a lot of reps, but it didn't seem to be doing anything for me. I was seeing no results," she said. "Then a trainer told me I was making the same mistake most women make and that I should increase my weight and decrease my reps. I've probably cut my body fat percentage in half since changing my routine."

A lot of women have the misconception that they'll get "big and bulky" if they lift heavy weights, Sergeant York said. But that's not the case. Lifting heavier weights will tone your muscles while fatiguing them in the process. That aids in increasing your metabolism.

That means you burn more calories all day long. Generally speaking, for each pound of muscle gained, you burn 35 to 50 more calories each day. That's essential for burning fat and sculpting muscles, Sergeant York said.

"Weight training builds muscle, which is an active tissue that burns calories," he said. "The more muscle you have, the higher your metabolic rate and the more calories you'll burn each day."

## Training for success

Start with a weight you can lift 10 to 12 times for three sets, he said. If you can't perform eight repetitions, the weight is too heavy. If you're comfortably completing 12 repetitions, you may wish to increase the weight or the repetitions. The key is to continuously tax those muscles.

In general, you should rest approximately one minute between sets if you're a beginning weight lifter. Lifting for 45 minutes three times a week while incorporating 20 to 30 minutes of cardio training will help achieve a maximum boost in metabolism and help sculpt those muscles, Sergeant York said. But make sure you take the day off between routines to allow those muscle groups time to rest and recover.

"It's also important to exercise all the major muscle groups. This will help you come back more lean," he said. "The important thing to remember is you'll see results if you're consistent with your training. You won't see results if you aren't consistent. Weight training should be a lifestyle. It's like preventive health."

To learn more about appropriate exercises, meet with your local health and wellness center or fitness center officials to develop a plan that will help achieve your goals.